



## PLUME ACADEMY - LEARNING OVERVIEW

|   |   |
|---|---|
| <b>Year</b>                             | 12  |
| <b>Course</b>                           | BTEC Sport  |
| <b>Specification Number/Exam Board</b>  | Pearson National Extended Certificate in Sport  |
| <b>Examination Papers and Weighting</b> | 360 GLH (445 TQT) Equivalent in size to one A Level. 4 units of which 3 are mandatory and 2 are external. Mandatory content (83%). External assessment (67%). |

### Prior Learning

The course builds on prior learning by developing a deeper understanding of the factors that impact optimal sports performance and facilitate or indeed hinder participation in physical activity. Students are able to enhance the knowledge and skills they have acquired at KS4 related PE and sport courses including reading technical texts; effective writing; analytical skills; creative development; preparation for assessment methods which they may then apply in higher education. This course also enables students to build on transferable skills including:

- the ability to learn independently
- the ability to research actively and methodically
- being able to give presentations and being active group members

### Curriculum Intent – What are the curriculum aims?

The BTEC National course has always required applied learning that brings together knowledge and understanding with practical and technical skills. This is achieved through learners performing vocational tasks that encourage the development of appropriate vocational behaviours and transferable skills. The curriculum aims for Year 12 BTEC Sport include:

**Unit 1:** to explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems

**Unit 5:** to gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness

### Curriculum Implementation – What will my child will be learning?

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|--------|-------------|---|
| Term 1 | Half Term 1 | <ul style="list-style-type: none"> <li>• Unit 1 Anatomy and Physiology</li> <li>• Unit 5 Application of Fitness Testing</li> </ul>  |
|        | Half Term 2 |   |
| Term 2 | Half Term 3 |   |
|        | Half Term 4 |   |
| Term 3 | Half Term 5 | <ul style="list-style-type: none"> <li>• Unit 2 Fitness Training and Programming - Introduction</li> <li>• Unit 3 Professional Development in the Sports Industry - Introduction</li> </ul> |
|        | Half Term 6 |   |



## Curriculum Impact – How will my child be assessed and receive feedback?

Assessment is specifically designed to fit the purpose and objective of the qualification. It includes a range of assessment types and styles suited to vocational qualifications in the sector. There are three main forms of assessment that you need to be aware of: external, internal and synoptic.

- Unit 1 Anatomy and Physiology (120 GLH)** – external assessment with a written examination. All learners take the same assessment at the same time. The examination will be one hour and 30 minutes in length. The number of marks for the examination is 80. The paper will contain a number of short- and long-answer questions that will assess learners’ understanding of the following topics: the skeletal system, the muscular system, the respiratory system, the cardiovascular system and the energy system for sports performance. Learners will use this knowledge and understanding to determine the interrelationships between body systems for sports performance. Students receive verbal and written feedback in class and following the submission of homework and completion of in-class assessment as part of their preparation for the final external assessment in June.
- Unit 5 Application of Fitness Testing (60 GLH)** – These units are internally assessed and subject to external standards verification. There is a maximum number of two summative assignments for these units. Grading decisions based on the requirements and supporting guidance given in the units. Learners may not make repeated submissions of assignment evidence therefore feedback cannot be given during or after submission. Feedback is given written and verbally to the tasks undertaken prior to the formal assessment period.

## Super-Curricular Opportunities – Supporting and Extending Learning

| Useful study resources  | If a student is really passionate about this subject they can... read the following articles   |
|---|--|
| <div data-bbox="339 1193 590 1507" data-label="Image"> </div> <p>Pearson Learning Services provides a range of engaging resources to support BTEC Nationals, including:</p> <ul style="list-style-type: none"> <li>textbooks in e-book and print formats</li> <li>revision guides and revision workbooks in e-book and print formats</li> <li>teaching and assessment packs, including e-learning materials via the Active Learn Digital Service.</li> </ul> <p>Teaching and learning resources are also available from a number of other publishers.</p> | <p><b>Articles of interest:</b></p> <p><b>Altitude Training for Rowers -</b><br/> <a href="https://news.sky.com/story/sacrificing-everything-forolympic-gold-in-tokyo-11903434">https://news.sky.com/story/sacrificing-everything-forolympic-gold-in-tokyo-11903434</a></p> <ul style="list-style-type: none"> <li> <b>Dealing with Olympic Pressure -</b><br/> <a href="https://bit.ly/olympics-fear">https://bit.ly/olympics-fear</a> </li> <li> <b>Breathing Techniques in Elite Athletes -</b><br/> <a href="https://theconversation.com/how-controlledbreathing-helps-elite-athletes-and-you-can-benefit-from-it-too-128072">https://theconversation.com/how-controlledbreathing-helps-elite-athletes-and-you-can-benefit-from-it-too-128072</a> </li> <li> <b>Fighting Anxiety with Elite Athlete Techniques -</b><br/> <a href="https://qz.com/1761629/the-ultimatehack-to-fight-performance-anxiety/">https://qz.com/1761629/the-ultimatehack-to-fight-performance-anxiety/</a> </li> <li> <b>Aggression in sport -</b><br/> <a href="https://mjserafica96.wordpress.com/2013/11/29/aggression-insport-how-does-it-influences-performance/">https://mjserafica96.wordpress.com/2013/11/29/aggression-insport-how-does-it-influences-performance/</a> </li> <li> <b>Fulham FC and Cohesion -</b><br/> <a href="https://trainingground.guru/articles/why-fulham-strugglesshow-cohesion-is-key">https://trainingground.guru/articles/why-fulham-strugglesshow-cohesion-is-key</a> </li> <li> <b>Usain Bolt confidence or arrogance -</b><br/> <a href="https://www.theguardian.com/sport/2017/aug/01/usain-bolt-world-athleticschampionships-100m-final">https://www.theguardian.com/sport/2017/aug/01/usain-bolt-world-athleticschampionships-100m-final</a> </li> </ul> |



Please see the BTEC resources available on their website and ask your teacher for further advice and guidance relating to the most appropriate resources to support your learning for this course.

<https://www.pearsonschoolsandcolleges.co.uk>

Howley, E.T and Franks, B.D (2003) Health Fitness Instructor's Handbook. Human Kinetics Europe. (ISBN 9780736042109)

Palastanga, N (2006). Anatomy and Human Movement. Butterworth-Heinemann. (ISBN 9780750688147)

#### Websites

American College of Sports Medicine

[www.acsm.org](http://www.acsm.org)

British Association of Sport and Exercise Sciences [www.bases.org.uk](http://www.bases.org.uk)

Coachwise [www.1st4sport.com](http://www.1st4sport.com)

Human Kinetics [www.humankinetics.com](http://www.humankinetics.com)

Sport Science [www.sportsci.org](http://www.sportsci.org)

Sports Coach UK [www.sportscoachuk.org](http://www.sportscoachuk.org)

Top End Sports [www.topendsports.com](http://www.topendsports.com)

Sports and Exercise Testing

[www.brianmac.co.uk](http://www.brianmac.co.uk)

Nutrition [www.livestrong.com](http://www.livestrong.com)

#### Online Documentaries

- Netflix – The Last Dance- Group Dynamics, Finances, Coach/Player relationships.
- Netflix – Icarus – Legality of drug doping in cycling and Olympics.

#### ▪ England Football and Resilience -

<https://www.idmindcoach.com/mental-resilienceengland-football-team/>

#### ▪ Michael Jordan and The Bulls group dynamics and feuds.-

<https://www.cbssports.com/nba/news/scottie-pippens-feud-with-jerry-krause-bulls-atimeline-of-events-that-led-to-the-stars-exit-from-chicago/>

#### ▪ Footballers and Fatigue -

<https://footballmedicine.net/how-fatigue-affects-yourplayers-management/>

#### ▪ Rowers training at altitude -

<https://werow.co.uk/cameron-buchan-goes-highaltitude-sierra-nevada/>

#### ▪ Michael Jordan motivational commercial -

<https://www.youtube.com/watch?v=vPmilusWg3g>

#### ▪ Team Bath Fitness Testing -

<https://www.teambath.com/fitness/fitness-testing/>

#### ▪ Connor McGregor Fitness Challenge -

<https://www.essentiallysports.com/watchtake-a-look-at-conor-mcgregor-in-a-fitness-challenge/>

#### ▪ Planning Coaching sessions

<https://www.sportplan.net/drills/Football/drills.jsp>

#### Wider Reading

Sharkey, B.J and Gaskill, S.E (2006). Fitness and Health. Human Kinetics. (ISBN 9780736056144).

Weinberg R.S and Gould, D (2011). Foundations of Sports and Exercise Psychology (5th ed.). Human Kinetics; New York.

#### Journals

- American College of Sport Medicine's Health and Fitness Journal
- British Journal of Sports Medicine Exercise and Sport Sciences Reviews
- International Journal of Sports Science and Coaching
- Medicine and Science in Sports and Exercise
- Research Quarterly for Exercise and Sport